CORRELATIVE STUDY OF STRESS & STRESS MANAGEMENT OF TRAINEE TEACHERS OF TEACHER EDUCATION

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Abstract

In this study an attempt has been made to study the Correlative Study of Stress & Stress Management of Trainee teacher. Standardized stress scale by Zakhir Akhtar & Stress Management Scale by Dr. Vandana Kaushik & Dr. Namrata Arora Charpe has been used for the Present study to measure the stress & Stress Mangement Trainee teacher. The random sample technique has been followed to data collection. The sample includes 200 male & female Trainee Teacher of college of Education. For purpose of analysis and interpretation of data, descriptive and inferential statistical techniques like Mean, S.D., Skewness , kurtosis, correlation & t-test were used. Major findings of the study were i) There is no significant difference in level of stress of Male & female Trainee teacher. ii) Positively but of low level correlation found between stress & stress management Trainee teacher.

Keywords: Stress, Stress Management, Trainee Teachers.

Background:-

In the daily routine of the Modern world Stress has become an unavoidable for human being. Every adult, teens, & even kids experiences it at times & in different ways. It has become important issue in every facet of life. Stress is the process that occurs in response to events that disrupt, or threaten to disrupt our physical or psychological functioning. Stress exists when demands on a person are perceived as a taxing or exceeding that person's adjustive capacity. Just enough, stress can keep you on your toes, ready to rise to a challenge. But too much stress can have debilitating effect on our health, contributing to agitating many problems including heart disease, high blood pressure, stroke and depression and sleep disorders. Now researcher has decided to do correlative study of stress & stress management of trainee teachers who are the future of next generation; means student who are going to become teacher.

First of all there is a need to explain the meaning of stress. Stress is associated with distress, kind of burden, pressure and hardship. Stress is anxiety or distress, caused by any pressure or

tension. Basically stress is wear & tear which our body experiences as we adjust to our continually changing environment. According Lazarus (1961) Stress is an internal response of the individual to pressure when experienced pressure is greater than normal abilities. A certain amount of stress is an inevitable part of learning student. Without stress there is no life. Stress is created by desirable and successful effect is called as Eustress which may increase the achievement and progress in learning children but the stress created by undesirable outcomes cause distress which leads to discomforts, anxiety, fear, laziness and also low confidence.

As everyone have to face stress; but everyone tries to overcome on it by its own way or by others guidance. Some manages it comfortably while some looks unable to manage daily routine stress. And under such circumstances teacher factor also looks under so much stress. Trainee teachers who are waiting to get job of teaching from near about decade are so many in number .Maharashtra Government have stopped recruitment of teacher from 2008. Due to this nowadays students after graduation or post graduation not showing interest in B.Ed. Some student who have interest in teaching taking admission by knowing problems of insecurity of job. Some having economical, language problem or need of doing part-time job till takes admission to B.Ed. So by facing such stressing circumstances when students have to complete B.Ed. training in the period of 2 years question arises how they manage? So, investigator decided to study Correlative Study of Stress & Stress Management of trainee teachers.

Importance of the Study:

1) Due to this study we will get information about stress of trainee teacher's of Teacher Education.

2) Due to this study we will get information about level of Stress Management of trainee teacher's of Teacher Education.

3) Due to this study we will get information about whether there is a significant difference in the mean score of stress & Stress Management between

a) Male and female trainee teacher's of Teacher Education.

b) Trainee teacher's of SC/ST and other category of Teacher Education.

c) Trainee teacher's of Arts & Science faculty of Teacher Education.

d) Married & unmarried trainee teacher's of Teacher Education.

Conceptual Definitions of key terms :-

Stress:- A state of mental tension and worry caused by problem in our life & work.

Stress Management:- Stress Management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress, especially chronic stress, usually for the purpose of improving everyday functioning.

Operational Definitions of Key terms:-

Trainee Teachers: - One who is enrolled or attend the class of Teacher training Education (B.Ed.), after completing graduate or Post graduate.

Objectives:-

1) To Measure the level of Stress of Trainee Teacher's of Teacher Education.

2) To Measure the level of Stress Management of Trainee Teacher's of Teacher Education.

3) To find out the extent of relationship between stress & stress management of Trainee Teacher's of Teacher Education.

Hypothesis:-

The hypothesis set for the study were as follow:-

1) There exist a significant difference in the score of correlation of stress & stress management between

a) Male and female trainee teacher's of Teacher Education.

b) Trainee teacher's of SC/ST and other category of Teacher Education.

c) Trainee teacher's of Arts & Science faculty of Teacher Education.

d) Married & unmarried trainee teacher's of Teacher Education.

2) There exists a significant difference in the mean score of stress between

a) Male and female trainee teacher's of Teacher Education.

b) Trainee teacher's of SC/ST and other category of Teacher Education.

c) Trainee teacher's of Arts & Science faculty of Teacher Education.

d) Married & unmarried trainee teacher's of Teacher Education.

3) There exists a significant difference in the mean score of stress management between

a) Male and female trainee teacher's of Teacher Education.

b) Trainee teacher's of SC/ST and other category of Teacher Education.

c) Trainee teacher's of Arts & Science faculty of Teacher Education.

d) Married & unmarried trainee teacher's of Teacher Education.

Method:-The Methodology adopted for measuring stress & stress management of Trainee Teacher's of Teacher Education is **Normative Survey Method**.

Tools:-

The following tools were used to measure stress & stress management of the student teacher

- Standardized student stress scale constructed & validated by Dr. Zaki Akhtar (Jamshedpur) was used for the present study to measure the stress of trainee teachers. Validity & reliability of test is 0.72 & 0.78

The stress-management scale standardized by Dr.Vandana Kaushik & Dr. Namrata Arora Charpe has been used for the present study to measure the level of management of stress of student teacher. Reliability of test is 0.87

Sample: - The Present study was conducted on a total sample of 200 student's teacher of 3 training colleges at Yeola. dist. Nashik (Maharashtra state). The sample was selected using stratified random sampling technique giving due representation to both the sexes (male and female), the type of (category and marital status) , and the faculty of the graduation study (Arts and Science)

Analysis & Interpretation : -

A preliminary analysis had done to see whether the dependant variable stress is normally distributed. Important statistical constant such as Mean, Standard Deviation, kurtosis, Skewness, Correlation & 't' value were computed for the total sample. Summary of statistical details presented in table no.1

Table -1 Stress level of Trainee Teachers

| Group | No. | V.H.S. | Stress Level | | | |
			H.S	Mod	L.S.	V.L.S.
Whole	200	32	37	39	51	41
Male	120	23	23	27	28	19
Female	80	09	14	12	23	22
Other Category	131	20	26	24	31	30
SC-ST Category	69	12	11	15	20	11
Art	132	21	22	28	31	30
Science	68	11	15	11	20	11
Unmarried	118	21	23	21	33	20
Married	82	11	14	18	18	21

In Table No.1 stress level of trainee teacher is shown. While Considering Stress level of whole & other sub group it has been found that 50% trainee teachers in each sub group except female group with whole group are under high to very high stress level. Percentage of female student Teacher group under low & very low stress found near about 56% which found higher than all sub group and the same for all other subgroup found near about less than 47%. This means that female student teacher group found under the level of low to very low stress.

Group	No	Ex Gd.	V. Gd.	Stress Level Good	Mod	Poor	Very Poor	Ex. Poor
Whole	200	22	33	39	44	34	22	05
Male	120	15	15	21	27	22	18	02
Female	80	08	18	18	17	12	04	03
Other Category	131	19	24	27	28	20	09	04
SC-ST Category	69	04	09	12	16	14	13	01
Art	132	18	21	20	29	22	17	05
Science	68	05	12	19	15	12	05	-
Unmarried	118	11	18	22	25	23	18	01
Married	82	12	15	17	19	11	04	04

In Table No.2 level of Stress Management of trainee teachers is shown. 47% trainee teachers of whole group are found under the good to extremely good level of Stress Management. While considering the level of stress management other sub group; 53.65% trainee teachers of married group are found under good to extremely good level which is higher than all other sub group.SC-ST Category group's level of stress management found 40.57% at poor to extremely poor level which is higher than all subgroups. This means that Stress Management of married is better than all other sub group while SC-ST Category group Stress Management is poor than all other sub groups.

Table -3 Mean, S.D., Sk. & Ku. Of stress of Trainee Teacher

Group	N	Mean	S.D.	S.K.	Ku
Whole	200	156.6	21.9	0.246	0.278
Male	120	159.08	21.26	0.210	0.333
Female	80	152.87	13.80	0.85	0.094
Other Category	131	156.33	22.16	0.089	0.267
SC-ST Category	69	157.97	20.38	0.0647	0.415
Arts	132	156.39	23.61	0.228	0.267
Science	68	157	16.85	0.27	0.284
Unmarried	118	156.4	20.84	0.273	0.274
Married	82	157.69	23.52	0.316	0.262

In Table No. 3 Mean, Standard deviation, Skewness & Kurtosis of Stress of trainee teachers is shown. Mean of stress of whole group is 156.6 while considering mean of stress of sub groups it has been found that mean of SC-ST category group is 157.97 which is higher than rest of other group. And mean of stress female group is 152.87, which is lower than all other group.

Regarding Standard deviation of stress of trainee teachers; It has been found that group of female student teacher is homogenous while group of Art student teacher found heterogeneous.

The value obtained for Skewness for whole with other sub group is positive & value for kurtosis for whole with other sub group except female & married group are above the standard value 0.263 this means that distribution of group except female & married group is like playtikrtic curve.

Table no. 4 Mean, S.D., Sk. & Ku. Of stress Management of Trainee Teacher

Group	N	Mean	S.D.	S.K.	Ku
Whole	200	119.3	23.12	0.147	0.213
Male	120	117.83	23.17	0.285	0.309
Female	80	121.12	21.47	-0.28	0.617
Other Cate.	131	122.67	23	-0.017	0.303
SC-ST Cat.	69	114.5	21.58	-0.486	0.298
Arts	132	118.9	24.17	0.297	0.336
Science	68	120.24	19.94	-0.139	0.802
Unmarried	118	117.04	21.67	0.282	0.311
Married	82	122.55	24.71	-0.168	0.328

In Table No. 4 Mean, Standard deviation, skewness & Kurtosis of Stress Management of trainee teachers are shown. Mean of stress Management of whole group is 119.3 while considering mean of stress Management of sub groups it has been found that mean of Other category group is 122.67which is higher than rest of other groups. Mean of stress SC-ST Category group is 114.5, which is lower than all other groups.

Regarding Standard deviation of stress of trainee teachers; It has been found that group of Science trainee teacher is homogenous while group of Married trainee teacher found heterogeneous.

The value obtained for skewness for whole with sub group like Male, Art, unmarried is positive and rest of other is negative. Value for kurtosis for whole group is 0.213 which is below than the standard value 0.263 so nature of group of trainee teacher is like leptokurtic curve. Other sub group is above the standard value 0.263 this meant that distribution of group is like playtikurtic curve.

Table No 5. Correlation of Stress & Stress Management of Trainee Teachers

Group	N	Coefficient of Correlation (r)
Whole	200	0.43*
Male	120	0.46*
Female	80	0.33*
Other Category	131	0.40*
SC-ST Category	69	0.48*
Arts	132	0.38*
Science	68	0.32*
Unmarried	118	0.43*
Married	82	0.29*

* =Significant at 0.05 level

From table no.5 it is found that the coefficient of correlation between Stress & Stress Management of trainee Teachers of whole & subsample based on sex and other categories is positive. Value is between 0.254 to 0.309 & significant at 0.05 levels.

Its means that correlation is in slight proportion.

Table No 6: Testing of Hypothesis – Significance of difference between the score of correlation of Stress & Stress management

Sr. No.	Group	N	r	't' value
1	Male	120	0.4	0.763
	Female	80	0.3	
2	Other Category	131	0.4	0.151
	SC-ST Category	69	0.48	
3	Arts	132	0.38	2.60*
	Science	68	0.32	
4	Unmarried	118	0.43	0.95
	Married	82	0.29	

* = Not significant at 0.05 level

In table no. 6 't' value is calculated regarding score of correlation of stress & stress management score of the trainee teachers various group. Except Arts & Science group no significant difference was found in stress & stress management score of the trainee teachers various group

Table No 7: Testing of Hypothesis - – Significance of difference between the Mean score of Stress

Group	N	M	Ꝺ (S.D.)	t- Value (0.05)level
Male	120	159.08	21.9	0.253
Female	80	152.81	21.26	
Other Category	131	156.33	22.16	0.506
SC, ST Category	69	157.97	20.38	
Science	68	157	16.85	0.238
Arts	132	156.39	23.61	
Married	82	157.69	23.52	0.399
Unmarried	118	156.4	20.84	

In table no. 7'**t**' value is calculated regarding stress score of the trainee teachers various group. No significant difference was found in stress & stress management scores of the trainee teachers various groups. This means that null hypothesis is accepted and there is no significance difference in stress of all groups.

Table No 8: Testing of Hypothesis - – Significance of difference between the Mean score of Stress Management

Group	N	M	Ꝺ (S.D.)	t- Value (0.05)
Male	120	117.83	23.17	1.032
Female	80	121.125	21.47	
Other Category	131	122.67	23	2.39
SC, ST Category	69	118.9	24.17	
Science	68	120.24	19.94	0.418
Arts	132	118.9	24.17	
Married	82	122.55	24.71	1.630
Unmarried	118	117.04	21.67	

In table no.7'**t**' value is calculated regarding stress Management score of the trainee teachers various group. No significant difference was found in stress management score of the trainee teachers various group. This means that null hypothesis is accepted and there is no significance difference in stress Management of all groups.

Findings:-

1) More than 50% trainee teachers found under high to very high stress.

2) More than 50% female trainee teachers found under low stress.

3) Only 47% trainee teachers stress management found under good to   extremely good level. Married trainee teachers stress management found better than unmarried trainee teachers.

4) SC-ST Category's trainee teachers stress management found poor than Other Category's student teacher.

5) Female student teacher's group found homogenous and Art faculty student teacher's group found heterogeneous regarding stress and in the case of stress management science group found homogenous and married group student teacher found heterogeneous.

6) Correlation between stress & Stress management of trainee teachers is positive but in very slight proportion.

7) There exist no significant difference in the score of correlation of stress & stress management of trainee teachers various groups except Art's & science group.

8) There exists no significant difference in the stress of trainee teachers various group.

9) There exist no significant difference in the stress management of trainee teachers various groups.

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